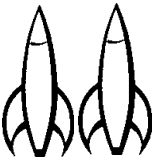


# 3-Week Planetary Path Activities



Each time you complete one of these activities, shade 2 spaceships.

- Buy a notebook or journal to record your thoughts and experiences.
- Write down what you feel a perfect day would be like.
- Make a wish list of 5 things you'd like to do before you die. Put at least 1 at the top of your current to-do list.
- Take 15 minutes or more at the start of the day for solo reflection, introspection, self-motivation, prayer, or meditation.
- List your thoughts as you arise in the morning. Circle the positive ones; cross out the negative ones and write in positive alternatives.
- Talk with a friend or family member about your life's aspirations.
- Think of any reason to feel joy - and then allow yourself to really feel it.
- Give a loved one a massage.
- Think of something that makes you feel guilty.
- Take action to remedy the problem - or decide to forgive yourself.
- Stop by a travel agency and ask about their vacation specials.
- During an exercise session, visualize all your pent-up emotion being physically expressed as pure energy.
- The next time you experience a success or receive a compliment, allow yourself to feel the glow through and through.
- When someone complains, instead of giving advice or reacting, listen carefully and try to put yourself completely in their shoes.
- Light a candle in honor of someone who is sick or in crisis, or who recently passed away.
- Before going to bed, develop a positive intent for the next day.
- Make a donation to a nonprofit organization.
- When you feel upset, angry or fearful, think about who or what you're afraid of losing. Visualize that you have and are embracing what you fear losing.
- Plan out a realistic schedule for the next 24 hours.
- Buddy up with a friend or coworker in support of a healthy lifestyle change.
- Take a brief stretch break at work every half-hour or so.
- Make an appointment with yourself for your next exercise workout.
- Stretch after you exercise.
- Secretly do something nice for someone.
- Write down what you believe is your purpose in life.
- Prepare a vegetarian meal.
- Send a note to a friend - just to say how much they mean to you.
- Pay off an old debt or credit card.
- Pick up trash on your morning walk.
- Make extra portions of a special dish to share with a friend or neighbor.



## Fitness Boosters

Earn 1 spaceship for every 5 minutes of **exercise**. Examples: brisk walking, stationary cycling, yoga, jogging, canoeing, badminton, rope skipping, aerobics, tennis, weight training, gardening, volleyball – you name it.